

St Luke's 
HOSPICE



Spring 2026

We Care



How we gave
Vipul more time
and Naina
peace of mind
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IN THIS ISSUE... Find out how you can support your local hospice
PLUS More about the difference you make



Jo Pearce
Interim Chief Executive

Having been in my new post as Interim Chief Executive for a few months now, and with spring well under way, it feels like a good moment to pause and reflect on the strength, kindness and generosity of our community.

Across the country, hospices are facing increasing pressure as rising costs make life harder for many families. Thanks to people like you, St Luke's is able to care for more than 2,000 people and their loved ones each year. We feel incredibly fortunate to be part of such a caring community.

Hello...

Quite simply, none of this would be possible without you.

This year is a particularly meaningful one for us, as we celebrate the 30th anniversary of our Annual Walk. For three decades, determined walkers have travelled across countryside throughout the UK – and even into Ireland – raising vital funds for St Luke's with every mile they take.

"Every act of kindness makes a difference"

Over the May Bank Holiday weekend, our latest group of walkers will take on the Cornish Coastal Challenge, and I wish every one of them the very best of luck. I have taken part in four Annual Walks myself, so I know how tough each of those miles can feel. But I also know the feeling at the end - tired, but incredibly proud, and reminded why you took those steps in the first place.

Closer to home, Starlight Walk will soon bring our community together again in June. Setting off from Harrow Leisure

Centre on the 5km or 9km route, it is always a special evening of remembrance, community and hope.

We are also deeply grateful to everyone who supports us in their own way – organising events, taking on personal challenges, supporting us through community groups or local businesses, or simply placing a collection tin on a shop counter. Every act of kindness makes a difference.

While we receive some funding from the NHS, much of what we do depends on the generosity of people like you.

St Luke's exists for our local community, and it is our heartfelt hope that we will continue to be here for many years to come.

Thank you for being with us every step of the way.



Call: 020 8382 8000

Email: info@stlukes-hospice.org

Visit: stlukes-hospice.org

Write: Kenton Grange, 385 Kenton Road, Harrow, Middlesex, HA3 0YG

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David gives thanks every month



Pinner's David Taylor gives £50 to St Luke's every month by direct debit. It's his way of saying thank you for the care his wife, Barbara, received in the final days of her life.

Barbara had been battling cancer on and off for around 15 years. When it returned for the third time, her condition deteriorated quickly. In June 2019, she was taken to St Luke's, where she spent her final 10 days.

"When she arrived, she was in absolute agony," David says. "As soon as she got there, they managed her pain. They treated her really, really well."

Barbara was given her own room, and David was allowed to stay with her for the final 48 hours.

"They were absolutely magnificent," he says. "The nurses and doctors were fantastic."

Now 81, David says regular giving by direct debit is something he can manage at this stage of life. He also gives extra when he can.

"My mortgage is paid off," he says. "It's £50 a month I can afford, and I don't miss it. I know it helps other families."

Donations like David's make a real difference. £50 can help fund a nurse for almost two hours on our Inpatient Unit, providing the same care and compassion that meant so much to Barbara and her family.

Support hospice care: Set up a monthly donation

Your monthly donation will help us provide vital, year-round care across Harrow and Brent, offering peace, dignity and support to those facing life's most challenging journeys.

Make every moment matter by setting up yours today by scanning QR code to visit support.stlukes-hospice.org/regular-giving



“Coming here is like coming home”

One year after her husband Vipul died, Naina Shah returned to St Luke’s Hospice with her daughter, Sushree-Diya. This time, she wasn’t coming for an appointment or treatment. She came to say thank you.

They marked the anniversary quietly, bringing pizza for the staff as a simple way of showing their appreciation.

For Naina, it was about remembering what St Luke’s had meant to her family – not just at the end, but during the months when Vipul was supported to live as well as possible.

“Coming here is like coming home,” Naina says. “It’s like seeing family.”

Vipul first began attending St Luke’s in 2023 after being diagnosed with heart failure. He and Naina had lived in Stanmore and Edgware for 40 years, and St Luke’s was part of the community they had long known.

Over the next 18 months, Vipul came regularly for outpatient care, including procedures to drain fluid and help manage his condition.

Without hesitation, Naina is clear about what that care meant.

“I know in my heart of hearts that only because of St Luke’s, he got that extended life.”

This care helped Vipul keep going. It gave him more time, more comfort and more moments with the people he loved.

“He came here to live,” Naina says. “He didn’t die here. Here is where he was given life.”

“St Luke’s gives you so much love and support”





Vipul's visits to St Luke's were always shared with the love and support of his family.

Looking back, what stays with the family most is how they were treated.

"We never felt rushed. He wasn't just a number or just a patient. Everybody is just kind and welcoming – from the consultant to the cleaner."

Her daughter, Sushree-Diya, agrees: "We've seen hospitals, care homes and clinics, but we never felt anywhere else how we felt here. He wasn't just a number or just a patient."

It was the kindness, the care and the small details that made the difference.

"Just the compassion, the understanding," Naina says. "This place gives you so much love and support."

Practical things mattered to Naina too. Knowing she could eat from our hospice kitchen. Knowing she didn't have to worry. Knowing her husband was comfortable and cared for.

"When Vipul was here, I had peace of mind."

A year on, Naina and her daughter return not with sadness, but with gratitude.

"We are very, very grateful," Naina says. "Deeply grateful."

And if there is one thing the family want people to understand, it is this: "It's not people passing through with medicine. It's people helping people."

Stories like Vipul's are only possible because of the kindness and generosity of our community. If you are able to help, please consider donating to St Luke's in Harrow and Brent today.

“ I know in my heart of hearts that only because of St Luke's, he got that extended life ”

Meet our volunteers

St Luke's appreciates each and everyone of our 500 amazing volunteers. Their kindness and commitment help us care for thousands of local people and their families, and we simply couldn't do it without them.

From welcoming patients and families, to helping on the Inpatient Unit, serving in our shops and supporting events, every role matters and every volunteer is part of the St Luke's family.

Our volunteers come from all walks of life, but they share one thing in common: a desire to make a difference. We are incredibly proud of the community they create and the support they give, week in and week out.

If you'd like to be part of something truly meaningful, even a few hours can make a big difference. Email volunteering@stlukes-hospice.org.

Zainub Syed, volunteer receptionist

Zainub Syed has always believed in giving something back. After losing her mother to cancer in 1997, she made a quiet promise to support causes that care for people at their most vulnerable.

That belief was passed on to her children, who began volunteering at St Luke's charity shop in Harrow Weald first. Seeing the confidence, it gave them encouraged Zainub to step forward herself.

She now volunteers as a receptionist one afternoon a week at St Luke's. She loves being a welcoming presence for anyone coming through the door.

"I just want to be able to be there," she says. "Even if it's just a smile."

Having also lost her brother last year, Zainub understands how heavy those moments can feel. Being a friendly face at reception is her way of meeting people with kindness, and offering comfort without judgement.



Parin Patel, bereavement support volunteer

Parin Patel first came to St Luke's as a son, after his mum Varsha was cared for at the hospice during her final days.

After taking part in fundraising events, Parin wanted to support people in a more personal way and trained as a bereavement support volunteer.

For Parin, the role is not about giving advice or trying to fix anything.

"About 90 per cent of it is just listening," he says. "It's listening, but it's not easy listening. It's very difficult to listen without forming opinions."

He believes the training is vital, helping volunteers understand how to be truly present without judgement. "You never really know what someone has been through," he explains, "so you have to meet them where they are."

By offering time, patience and a safe space to talk, Parin helps people feel heard at one of the hardest moments of their lives – and in doing so, continues to honour the care his own family once received.



Supporting our shops helps make hospice care possible

How our charity shops help us

St Luke's has 16 charity shops across Harrow and Brent. The money raised in these shops stays local and helps fund hospice care for people in our community needing palliative and end of life care.

Although St Luke's receives some funding from the NHS, most of our care is paid for through fundraising and the support of local people like you. Shopping in our St Luke's shops helps raise these funds, and every item sold helps ensure hospice care remains free and available to local families when they need it most.



Small stamps make big difference

Each Tuesday, our Stamp Volunteer group comes together to sort donated stamps into little packets sold in our charity shops. Over the past five years, they've raised more than £40,000 this way.

Most of the stamps are everyday ones from across the world. Recently, they were donated something very special – a collection bought in 1980, then valued at £2,000, including a highly-prized 1840 Penny Black. These are now being carefully auctioned off. Here's Pauline Gulamhusein proudly showing off one of the star pieces.

If you've got stamps tucked away in a drawer, we'd love them – they don't need to be rare or valuable. Just get in touch at community@stlukes-hospice.org

What has the biggest impact

Good-quality donations make the biggest difference.

Clean clothes, books, homeware and furniture can be priced, displayed and sold quickly. This reduces processing costs and means more of what we raise can go directly to patient care.

Items that are damaged or unsaleable take time to sort and cost money to dispose of.

If you are unsure whether something can be donated, our shop teams are always happy to advise.

Gift Aid helps even more

Gift Aid increases the value of donated items at no extra cost to the donor.

If donated goods sell for £40 and Gift Aid is chosen, St Luke's can claim an extra £10 from the Government. That turns £40 into £50 for hospice care.

One small tick helps support more local people and families, close to home.

giftaid it



How to remember someone special



With the warmer weather here, St Luke's Memory Garden at Kenton Grange offers a peaceful place to sit, pause and remember someone important.

Supporters can dedicate an engraved plaque or brick in memory of a loved one. Each tribute helps support the care St Luke's provides across Harrow and Brent.

Heather chose to dedicate a rose bush to remember her father, Michael. She said: "When I found out that you can donate and have a rose bush in the garden in the name of a loved one, I thought what a lovely idea. My Dad, Michael, sadly died suddenly in the early hours of Christmas morning 2023 at the age of 89. I wanted to give

something to the hospice in his memory because it was a charity that was dear to him. He was a trustee for a while, and he also volunteered his expertise by helping with their health and safety policies. His brother-in-law was cared for there in the last days of his life."



Scan above to visit support.stlukes-hospice.org/in-memory



Play our lottery to support hospice care

In 2025, our lottery players funded almost five months of care from our Brent Community Team, helping people with life-limiting illnesses be cared for at home while having the chance to win one of 15 weekly prizes.

One winner told us, "I signed up because it astounds me that hospices are charities, frankly. And I think if anybody deserves my support, hospices like St Luke's do."

Each year, 780 people win prizes ranging from £10 to £1,000. Could you be our next winner?

To find out more and buy a ticket, visit: www.stlukes-hospice.org/lottery

Every ticket supports St Luke's Hospice care in our Inpatient Unit, in patients' homes, over the phone and at Kenton Grange.



Pratiksh has got our back

Pratiksh Patel supports St Luke's both as a Starlight Walk volunteer and as owner of Tyerest Pharmacy on Kenton Road, helping ensure patients can quickly access essential medicines. He'll be back volunteering again at our sparkly fundraiser this June.

"It was good to see children, along with older people, taking part in the walk," he said. "That's quite motivating."

Three years ago Pratiksh became owner of Tyerest Pharmacy, a business that has served the local community for around 40 years. Just a short walk from the hospice in Kenton, he makes sure essential end of life medicines are kept in stock so they are available quickly when needed.

Hairdressers full of heart

First Impressions hairdressers in Pinner have supported the hospice for years, filling a collection tin each month. Business partners Mario and Ken donate their tips. Mario shared that his father died in a hospice in Dover aged 64, and the care meant a great deal to his family. Donating is their way of giving back. After learning how little government funding hospices receive, Mario feels it's even more important to support them.



Mock wedding raises £7,500

St Gabriel's Social Club in South Harrow turned Valentine's Day into a mock wedding, raising about £7,500 for St Luke's Hospice. The idea grew from banter between Francis, known for shaving his head for charity, and Veronica, sister of organiser Adrienne Keogh-Egan, visiting from Fermanagh. What began as a joke became a real community effort rooted in personal experience.



"I picked St Luke's because I've known many people blessed to have been here," Adrienne said. "I've visited friends and family here. These things leave a mark and you want to give back."

The night featured hen and stag nights, raffles, prizes, bouquet throwing and a surprise head shave, with club owner Danny Keogh acting as priest. "We wanted a fun night, lots of laughter, and to raise money for a good cause."

Support St Luke's your way

Volunteer, fundraise, donate or use our collection tins. To get involved, email community@stlukes-hospice.org

Making event moment matter



Heather's determined to fight cancer and live well

Heather Thomas is not someone who gives in easily.

Diagnosed with cancer of the spine in October 2024 after a routine hospital visit for cracked ribs, the 77-year-old Queensbury grandmother wasn't sure she was "ill enough" for St Luke's Living Well programme.

"I thought, there's nothing wrong with me," she says. "People think cancer means the end. I didn't feel like that." Now she is determined to attend. "I'm moving heaven and high water to be here. I want to get the most out of it."

“ People think cancer means the end, I didn't feel like that ”

The Living Well programme, funded by the Big Lottery, offers vital support to people with life-limiting illnesses. Through expert-led workshops, complementary therapies and peer support, we help patients manage symptoms, build

confidence and regain control over their lives.

Heather has found Tai Chi "wonderful – just moving and breathing. That's what I need." Sessions are tailored to her spine condition, helping her rebuild strength gently and safely.

She also values the massage therapy. "It's wonderful. You don't realise how much tension you're carrying."

For Heather, St Luke's is about living, not dying. "It's calming, it's relaxing, you learn things. And people actually listen to you."

Join us and make a difference - how to get involved

To find out more about all our events and how you can support St Luke's please visit our website or email events@stlukes-hospice.org



Remembering Sarah with love: Lyndon Perez's gift to St Luke's

When Edgware's Lyndon Perez talks about St Luke's Hospice, he does so as a husband and a father who knows how vital the right support can be when everything feels out of your control. His wife, Sarah, sadly passed at the hospice in October 2025.

Sarah will always be remembered for her bright smile, her warmth, thoughtfulness, selflessness and strength.

Sarah cared for others deeply and continued to do so even in her final months. In Sarah's memory, Lyndon has kindly made a generous donation to fund our new sound therapy equipment.

"Sarah loved music and it was always something shared with our daughter, Chantal. We therefore thought the sound equipment would be a befitting dedication in Sarah's memory," he says.

As Sarah became too unwell to attend counselling in person, she received online support from St Luke's Head of Patient and Family Support.

"It was amazing. Sarah even looked forward to the sessions," Lyndon remembers. "It gave us the chance to talk about difficult things freely – it was so helpful and also comforting."

In November, Lyndon spoke at St Luke's Light up a Life memorial event. "My family and I are endlessly grateful for the love, care, and support we have received," he said. "Their kindness has been a lifeline."

For Lyndon, his gift is about ensuring that compassion is there for other families, when they need it most. In addition, with the new initiative of the sound therapy it will be able to offer comfort and enable moments of pure calm, serenity and peace.



Leaving a legacy of care

Did you know you can leave a Gift in your Will to St Luke's Hospice?

In 2024, 47 local people chose to do just that. Together, their gifts totalled £1.75 million, helping ensure compassionate end of life care for people across Harrow and Brent.

There are several ways to leave a gift. Some people choose a fixed sum, others leave a share of their estate, while some donate a specific item such as jewellery or artwork. Many supporters choose to leave a share because it keeps its value over time.

Some people also choose to leave a gift in memory of someone special, creating a lasting tribute while helping others in the future. A solicitor or Will writer can advise on the wording.

To find out more scan the QR code to visit support.stlukes-hospice.org/giftinwill - or email remember@stlukes-hospice.org





Sparkle at Starlight Walk 2026



Our much-loved Starlight Walk returns on Saturday 27 June 2026, bringing our community together for a joyful night under the stars.

Starting from Byron Hall at Harrow Leisure Centre, walkers can choose 5 or 9 miles, arriving from 7.30pm before setting off at 9pm. Whether you're walking in memory of someone special or to support local hospice care, this is a night filled with meaning and togetherness.

Last year, supporters raised over £90,000 for palliative and end of life care across Harrow and Brent. With your help, we hope to do it again.

Starlight Walk is family-friendly and full of atmosphere. Expect music, lights and hundreds of walkers lighting up the streets. On the night, enjoy a live warm-

up, face painting and henna, plus free T-shirts and medals for every walker.

Friends, families and pets are welcome – and fancy dress is encouraged, so bring your sparkliest outfit.

We look forward to seeing you there.



To book your place, scan the QR code or visit: support.stlukes-hospice.org/starlightwalk



Tell us what you think of We Care

Did this edition move you or inspire you to support St Luke's? What should we include next?

Email communications@stlukes-hospice.org to share your thoughts